Amendments to the Claims:

1.   (Currently amended)   A method of operating a refrigerated oven to cook a
food item therein, the refrigerated oven comprising a cooking chamber having a heating
element for heating the cooking chamber, a refrigeration unit for cooling the cooking

5   chamber, an insulated housing forming a refrigerated air path between the refrigeration unit
and the cooking chamber, a temperature sensor for sensing the temperature of the cooking
chamber, a data input device for inputting user-selected cooking cycle parameters, and a
controller operably coupling the heating element, refrigeration unit, temperature sensor, and
the data input device to selectively actuate the heating element and the refrigeration unit in

10   response to the sensed temperature to implement the method as defined by the cooking cycle
parameters, the method comprising the steps of:

    A.   producing cooled air in the refrigeration unit for a first period of time;

    B.   circulating the cooled air through the refrigerated air path to the
cooking chamber to prevent spoilage of the food item;

15   ~~A.   cooling the cooking chamber to prevent spoilage of the food item in
the cooking chamber by cycling the refrigeration unit for a first time period;~~

    [[B]] C.   heating the cooking chamber to cook the food item in the
cooking chamber by cycling the heating element for a second time period; and

    [[C]] D.   delaying the initiation of step A until the temperature of the

20   cooking chamber cavity is below a predetermined threshold temperature.

2.   (Original)   The method of claim 1 wherein the predetermined threshold
temperature is about 170 °F.

3.   (Original)   The method of claim 1 and further comprising terminating the
operation of the refrigerated oven if the initiation of Step A is delayed beyond a
predetermined time.

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4.   (Currently amended) The method of claim 1 wherein step [[A]] B̲ includes maintaining the temperature of the cooking chamber at a first predetermined temperature.

5.   (Currently amended) The method of claim 1 wherein step [[B]] C̲ includes maintaining the temperature of the cooking chamber at a second predetermined temperature.

6.   (Original)   The method of claim 5 wherein the second predetermined temperature is inputted into the controller by a user.

7.   (Original)   The method of claim 1 and further comprising determining the first time period based on at least one cooking cycle parameter inputted by a user.

8.   (Currently amended) The method of claim [[7]] 1̲ wherein there are two cooking cycle parameters based on input by a user, the first cooking cycle parameter being an End Time corresponding to the time of day that step [[B]] C̲ is to be completed, the second cooking cycle parameter being and a Bake Time corresponding to the length of time for cooking the food item, and the first time period is being determined by subtracting the Bake Time from the End Time.

9.   (Original)   The method of claim 8 wherein the second time period is equal to the Bake Time.

10.   (Currently amended) The method of claim 1 and further comprising step:

[[D]] E̲. after the completion of step [[B]] C̲, heating the cooking chamber to maintain the food item at a temperature suitable for serving upon removal from the cooking chamber by cycling the heating element for a third time period.

11.   (Currently amended) The method of claim 10 wherein step [[D]] E̲ is automatically initiated after step [[B]] C̲.

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12.   (Currently amended) The method of claim 11 wherein step [[D]] E is terminated upon the opening of the oven door.

13.   (Currently amended) The method of claim 10 wherein step [[D]] E includes maintaining the temperature of the cooking chamber at a third predetermined temperature.

14.   (Currently amended) The method of claim 10 and further comprising the step of:

      [[E]] F.cooling the cooking chamber after step [[D]] E to prevent the spoiling of the cooked food by cycling the refrigeration unit for a fourth time period.

15.   (Currently amended) The method of claim 14 wherein step [[E]] F is automatically initiated after step [[D]] E.

16.   (Currently amended) The method of claim 15 wherein step [[E]] F is terminated upon the opening of the oven door

17.   (Original)   The method of claim 1 wherein step A is terminated if the cooking chamber is not reduced to a second predetermined threshold temperature within a predetermined time period.

18.   (Original)   The method of claim 17 wherein the second predetermined threshold temperature is 170°F.

19-37 (Canceled)

38.   (New)   A method of operating a refrigerated oven to cook a food item therein, the refrigerated oven comprising a cooking chamber having a heating element for heating the cooking chamber, a refrigeration unit for cooling the cooking chamber, a

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temperature sensor for sensing the temperature of the cooking chamber, a data input device

5   for inputting user-selected cooking cycle parameters, and a controller operably coupling the

heating element, refrigeration unit, temperature sensor, and the data input device to

selectively actuate the heating element and the refrigeration unit in response to the sensed

temperature to implement the method as defined by the cooking cycle parameters, the method

comprising the steps of:

10   A.   determining first and second cooking cycle parameters based

on input by a user; the first cycle parameter being a Bake Time and corresponding

to a length of time to cook a food item; the second cycle parameter being an End

Time corresponding to the time of day heating of the cooking chamber to cook the

food item in the cooking chamber is to be complete;

15   B.   cooling the cooking chamber to prevent spoilage of the food

item in the cooking chamber by cycling the refrigeration unit for a first time

period determined by subtracting the Bake Time from the End Time;

                     C.   heating the cooking chamber to cook the food item in the

cooking chamber by cycling the heating element for the Bake Time; and

20   D.   delaying the initiation of step A until the temperature of the

cooking chamber cavity is below a predetermined threshold temperature.